

## SENIOR CENTER

PARK CITY

KANSAS

6100 N.

HYDRAULIC

M-F 8:30AM—  
4:30PM

Activities at the Park City Senior Center are available to anyone 55 years and older. No membership fee is required to participate in activities. The operation of the building is supported and funded by the City of Park City and Monies from Sedgwick County Mill Levy. For information on events, programs, activities or needed services, contact the Park City Senior Center Director at 316-744-1199.

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# The Senior Scoop

AUGUST 2023

## From the Director's Desk...

Hello Everyone!

Medicare Open Enrollment is right around the corner... I get so many questions about Medicare Advantage plans that I would like to pass along where to access some good information about them.

The Medicare Rights Center has released a new set of fact sheets and videos on their website that concisely explains the difference between

Advantage plans and Original Medicare. This information can be accessed on their website at [medicarerights.org](https://www.medicarerights.org). I, of course, am always available to go over this information with you and print out the fact sheets for you. Just be sure to call and make sure I am in!

I would like to say thank you to Chisholm Trail Seniors, all their volunteers, those who participated, and all of those

who donated to their annual 4th of July Bingo & Raffle Fundraiser this year. It was another huge success for seniors in Park City and the community as a whole.

See you  
at the  
center!

-Madison



**Madison Shriner, Director**  
Office Phone: 316-744-1199  
Email: [mshriner@parkcityks.gov](mailto:mshriner@parkcityks.gov)

## Chisholm Trail Seniors

The Chisholm Trail Seniors, Inc. is a club for seniors 55+. They, along with their governing board, work to improve the well-being of Park City seniors and the community they live in. \$5 annual dues are required for membership to this group. For more information please contact President Larry Cross at 316-260-4282. Each month the club hosts a meeting, program, and catered meal at the Park City Senior Center and all are welcome!

- **July 31st—Board Meeting 10:00 am**
- **Aug 2nd—Meeting and Catered Lunch 10:30 am**

*Program: Passage to India*

**\*\*Meal catered by Cheaper by the Dozen.  
\$12 per person. Please RSVP by the Friday  
before\*\***

## Ongoing Programs...

### Well-REP

**Tuesdays & Thursdays  
9:30 AM**

WSU Exercise Science Students instruct this chair exercise class incorporating strength, flexibility, and balance training.

### Line Dancing

**Wednesdays 2:30PM**

Group line dancing for an easy, fun, & healthy time!

### Foot/Nail Care

**2nd Wednesday** with Michelle Steinke—Call 946-0722

**Every 9 weeks** with Hermes Healthcare—Call 260-4110

### Video Exercise

**Mondays & Wednesdays 9:30AM**

Group exercise to a video workout series. All are welcome.

### Square Dance Thursdays 7PM

Advanced square dance group. Please call Tammy at 371-3991 for more info!

### Game Groups

**Pitch—Mondays 1PM**

**Bridge—Tuesdays 1PM**

**Pinochle—Fridays &**

**Saturdays 1PM**

**Mah Jong—Tuesdays &**

**Thursdays 10:30 AM**

**“Traditional” Game**

**Day—Fridays 1:00 PM**

### Chair Yoga

**Fridays 9:30 am**

Instructed by certified yoga instructor Marianna Evans.

**Plus... a variety of other programs including Wii-Bowling, billiards, dance aerobics, TOPS (Call Monty at 755-1055), and round dance (Call Diane at 522-2315).**

**\*\*Please check calendar insert for accurate dates and times\*\***

## Special Programs & Events...

### Grief and Loss Support

**Tuesday, August 8<sup>th</sup> 10:30 am**

Jessica Huber, Licensed Specialist Clinical Social Worker with Sedgwick County Department on Aging will be at the senior center to present a discussion on grief and loss. We all have experienced these circumstances, many here at the Park City Senior Center within the past year. You're invited to this supportive meeting to better understand your feelings of grief and loss and how best to transition into your new "normal."

### Walk with Ease Program

**Mondays, Wednesdays, and Thursdays 3:30-4:30 pm**

**August 16<sup>th</sup>—October 2<sup>nd</sup>** (No class Aug 23, Sept 4, and Sept 21)

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk with Ease program can teach you how to safely make physical activity part of your everyday life. Walk with Ease is an evidence based program proven to: reduce the pain and discomfort of arthritis; increase balance, strength and walking pace; build confidence in your ability to be physically active; and improve overall health. The program is instructed by director Madison Shriner and is comprised of **18 one hour long sessions** with both educational and fitness components (stretching and walking). Please reserve your place by calling 744-1199.

### What is Hospice?

**Tuesday, August 22<sup>nd</sup> 10:30 am**

Presented by Compassus Hospice. There are many questions people have about Hospice care—this is your opportunity to learn a little about it. What care is provided? How long can someone be on hospice? When is it time to start hospice? All these questions will be answered and more.

### Shop Around Fridays: Scheel's

**First Friday of the month: August 4<sup>th</sup>  
10:30—12:30 pm**

Shopping trip to various locations in the senior center van each month. Please sign up by calling 744-1199. Ride is free but anything purchased is up to the participant. This month we are going to the new Scheel's store in Towne East.

### Fun Trivia Friday

**Friday, August 11<sup>th</sup> 10:30 am**

Join your friends at the center for a fun game of trivia. Teams can be comprised of up to five people so bring your team or show up to play solo or join another team! Questions will cover a variety of topics and will be a written format.

### Music Theatre of Wichita Outing

**Saturday, August 19<sup>th</sup> 11:00 am**

Get ready for an afternoon of food, music, and fun! We will meet at the senior center at 11 am to first ride the van to B&C Barbeque for a tasty lunch then head to a matinee of MTW's performance of the musical *Ragtime*. Cost for your ticket is \$48 and lunch will range around \$15-20. Transportation is included. Please call 744-1199 to reserve your spot!

### Crosswinds Casino Outing

**Monday, August 28<sup>th</sup> 11:00 am—2:30 pm**

Meet at the senior center to take the van to Crosswinds Casino for an afternoon of fun and a little gambling! We will get there in time for lunch at their restaurant first if you so choose. The ride is complementary for participants but all other expenses are not included. Please call 744-1199 to reserve your spot!

# Friendship Meals/Meals on Wheels

A hot nutritious meal is offered Monday—Friday at 11:30 am from Aging Projects, Inc. Anyone 60 and over automatically qualifies for the meal program at the congregate site for a sug-

gested \$3 donation per meal. (Under 60 years \$6.75 per meal).

Reservations can be made by contacting the site manager at 316-744-0751. Meals on Wheels also availa-

ble for the homebound in Park City, Bel Aire, Kechi & Valley Center.

**Reservations must be made by Wednesday the week before.**

## Volunteer Drivers

### Needed! Call

**316-744-0751 for**

**more information**

**Aging Projects Inc.**  
23 Serving Days

## AUGUST 2023

**This menu served in:**  
Butler, Harvey, Sedgwick Co.

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|--|--|---|--|
|  | 1  | 2  | 3   | 4  |
| Menu Daily Meal Pattern<br>Protein = 3oz (minimum)<br>Vegetable = 1/2c (1C leafy greens)<br>Fruit = 1/2c (1/4c dried)<br>Grains = 1/2c or 1oz eq (50% whole grain)<br>Dairy = 1C | Roast Pork 3oz (in gravy)<br>Sweet Potatoes 4oz<br>(Flavored) Applesauce 4oz<br>Wheat Roll w/ Margarine<br>Milk 8oz              | Tater tot Casserole 8oz<br>Mixed Vegetables 4oz<br>Pears 4oz<br>Wheat Bread w/ Margarine<br>Milk 8oz             | Breaded Chicken Patty 3oz<br>(on) Whole Grain Bun<br>Lettuce & Tomato / Mayo<br>Three Bean Salad 4oz<br>Tropical Fruit Crisp 4oz<br>Milk 8oz  | Turkey Pasta Salad 8oz<br>Cauli-Brocc-Raisin Salad 4oz<br>Cantalope Slice<br>Garlic Cheddar Biscuit<br>Milk 8oz<br>(All Cold)  |
| 7  | 8  | 9  | 10  | 11   |
| Southwest Chicken Bake 8oz<br>Mixed Vegetables 4oz<br>Pineapple 4oz<br>Whole Grain Garlic Toast<br>Milk 8oz  | Oven Fried Chicken 3oz<br>Mashed Potatoes 4oz<br>w/ Cream Gravy 2oz<br>Spiced Peaches 4oz<br>Wheat Roll w/ Margarine<br>Milk 8oz | Sloppy Joe 4oz<br>(on) Whole Grain Bun<br>Corn Relish Salad 4oz<br>Mixed Fruit 4oz<br>Milk 8oz                   | Turkey & Broccoli Pie 8oz<br>Tomato Salad 4oz<br>Pears 4oz<br>Whole Grain Breadstick<br>Chef's Choice Birthday Cake<br>Milk 8oz               | Fish (3oz) Sandwich<br>(on) Whole Grain Bun / Tarter Sauce<br>Cucumber Salad 4oz<br>Apricots 4oz<br>Milk 8oz   |
| 14   | 15   | 16   | 17  | 18   |
| Creamed Chicken 4oz<br>(over) Whole Grain Biscuit<br>Peas & Carrots 4oz<br>Pear Crisp 4oz<br>Milk 8oz  | Beef Cutlet 3oz (in gravy)<br>Baked Potato w/ Margarine<br>Apricots 4oz<br>Wheat Roll w/ Margarine<br>Milk 8oz                   | Glazed Chicken 3oz<br>Mixed Vegetables 4oz<br>Ambrosia Fruit Salad 4oz<br>Wheat Bread w/ Margarine<br>Milk 8oz   | Cheeseburger (3oz)<br>(on) Whole Grain Bun<br>Lettuce & Tomato / Mustard & Ketchup<br>Potato Salad 4oz<br>Cinnamon Apples 4oz<br>Milk 8oz     | Chef Salad w/ Turkey (3oz)<br>Lettuce w/ Carrots (1C) Tomato (1oz)<br>Shred Cheese (2oz) Diced Egg (1oz)<br>Cantalope Slice<br>Garlic Cheddar Biscuit<br>Milk 8oz (All Cold) |
| 21   | 22   | 23   | 24  | 25   |
| Roast Turkey 3oz (in gravy)<br>Glazed Carrots 4oz<br>Pineapple 4oz<br>Wheat Roll w/ Margarine<br>Milk 8oz  | Sweedish Steak 3oz<br>Cream Peas & Potatoes 4oz<br>Peach Crisp 4oz<br>Wheat Bread w/ Margarine<br>Milk 8oz                       | Beef Stroganoff 8oz<br>Mixed Vegetables 4oz<br>(Flavored) Applesauce 4oz<br>Whole Grain Garlic Toast<br>Milk 8oz | Breaded Pork Patty 3oz<br>(on) Whole Grain Bun<br>Lettuce & Tomato / BBQ Sauce<br>Tomato & Cuke Salad 4oz<br>Apricots 4oz<br>Milk 8oz         | Fish Sticks 4ea<br>Tarter Sauce<br>Mac & Cheese 4oz<br>Coleslaw w/ Carrots 4oz<br>Fresh Orange<br>Milk 8oz   |
| 28   | 29   | 30   | 31  | September 1  |
| Scallop Potatoes & Ham 8oz<br>Green Beans 4oz<br>Pears 4oz<br>Whole Grain Breadstick<br>Milk 8oz   | Chicken Tenders 3ea<br>Mashed Potatoes 4oz<br>w/ Cream Gravy<br>Apricots 4oz<br>Wheat Roll w/ Margarine<br>Milk 8oz              | Creamy Turkey & Veg Cass 8oz<br>Parslied Carrots 4oz<br>Pineapple 4oz<br>Wheat Bread w/ Margarine<br>Milk 8oz    | Chicken (3oz) Taco Salad<br>Lettuce (1C) Tomato (1oz)<br>Cheese (2oz) Chips (1oz) Salsa<br>Mexican Rice 4oz<br>Tropical Fruit 4oz<br>Milk 8oz | Beef Hot Dog (on) w/ Bun<br>Mustard & Ketchup<br>Potato Salad 4oz<br>Apple Crisp 4oz<br>Milk 8oz   |

## Important Information

- Please be sure to sign in at the computer kiosk every time you are at the senior center! If you are in need of a key card to sign in please see Madison in her office! Thank you for everyone's cooperation!

**Need a Ride?!** The Park City Senior Center offers transportation through a volunteer transportation program and Lyft Concierge. Please call 316-744-1199 to schedule a ride with one of our programs. Rides must be scheduled at least 2 days in advance. *Volunteers needed!*



## Happy Birthday to all the August Birthdays!

*Your name is added if you have visited recently. If your information is incorrect please call 316-744-1199*

|         |          |          |           |         |            |         |         |
|---------|----------|----------|-----------|---------|------------|---------|---------|
| Charles | Buechman | Raymond  | Schroeder | Sheryl  | Kaufman    | John    | Nachbor |
| Donna   | McClure  | Dolly    | Hagerty   | Janie   | Ross       | Paul    | Burger  |
| Andrea  | Mosqueda | Laura    | Samson    | Shirley | Scott      | Gerald  | Johnson |
| Ted     | Thompson | Donna    | Jardine   | Larry   | Roles      | Barbara | Raymond |
| Inez    | Williams | Darrell  | Hicks     | Annette | Whitehouse | Carolyn | Duffy   |
| John    | Blevins  | Charles  | Peters    | BJ      | McCutcheon | Larry   | Janke   |
| Janet   | Burger   | Cornelia | Wade      | Denise  | Davis      | Sandy   | Quandt  |
| Judy    | Shewmake | Nahid    | Roberts   | Shirley | Jeffers    | DeeAnn  | Smith   |
| Diana   | Friend   | Orval    | Williams  | Doris   | Hotzel     | Cecil   | Gardner |
|         |          |          |           |         |            | Pat     | Latta   |

## Park City Senior Center

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Park City, KS 67219

